

Abstract of the Disclosure

Adjustable Task Light comprising a housing assembly, an electrical cable, a magnet, a lamp and a lamp shade. The housing bottom internally supports four perpendicularly disposed posts. One post is capable of rotatably retaining a centrally located roller wheel. Three remaining posts capable of retaining three additional wheel shaped retainers. Two retainers are made of rigid material and one the wheel retainer made of a resilient material. The central wheel and the additional wheel retainers are positioned in such a way that they can slidably retain the electrical cable in a fixed position. The cable terminates on one end in a lamp assembly, and on the opposite end in a wall pack transformer. The housing includes a flange with a post which retains a standard hook member. The housing cover plate retains a standard magnet.